

BOUNCE  
&  
BEAUTY  
BOOKLET

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# BOUNCE & BEAUTY

A Nutrition And  
Fitness Guide

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# INTRODUCTION

Two words that best apply to teens of the eighties are BOUNCE and BEAUTY.

Beauty isn't hard to figure out, but what's bounce? Bounce means a glowing, healthy body with dazzling energy that sets you apart from the crowd.

## How Do You Get It?

Only through good nutrition and exercise on a regular basis, that's how. That may seem difficult, but it really isn't. Besides, a routine of activity and proper nutrition constantly rewards you in the form of a more attractive figure, healthier skin, high spirits and feelings of self-confidence.

But let's get back to beauty. It's not as simple as cosmetics or the right fashions. Both exercise and food impact on good looks, too. Plus, knowing a few easy tricks here and there can maximize the beauty that's in you.

With tips on diet, fitness and beauty, the "Bounce and Beauty Booklet" can help you develop positive lifelong habits to make your life more fun and full!

# NIFTY NUTRIENTS

## FOOD AND FITNESS QUIZ

Take the following quiz to see how much you know about nutrition and exercise. Getting all correct answers represents five.

- 5** = You're a bionic teen!
- 4** = You're savvy, but need a little improvement.
- 3** = Kind of ordinary, eh?
- 2** = You've got a long way to go, honey.
- 1** = Time for action!

## QUESTIONS

Yes No

- 1 Frozen yogurt is less fattening than ice cream.
- 2 A vitamin C supplement is better for you than vitamin C from food, such as citrus.
- 3 To make up for iron loss during my period, all I need is to eat a little extra liver.
- 4 A female is naturally "fatter" than a male, so why bother to lose the fat?
- 5 If I jump rope 10 minutes a day I'll be physically fit.

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## FOR CORRECT ANSWERS, TURN BOOK OVER

5 No. Jumping rope is an extremely vigorous exercise, but it does not develop total body fitness—strength, muscular endurance and flexibility and cardiovascular fitness.

4 No. While it's true that females have a higher percentage of body fat than males, the desirable fat content of your body should be around 22 percent—as opposed to the 36 percent for the average woman. Fat is fat and it shows.

3 No. Menstruating women need 18 milligrams of iron a day. The diet usually provides only nine milligrams, so you may need an iron supplement. Vitamin C helps improve iron absorption from foods, so have a glass of orange juice or citrus fruit along with meals containing iron-rich foods.

2 No. Your body processes vitamins in exactly the same way, whether they're from food or pills. However, foods often contain a number of vitamins, so you may miss out on the "extras" if you take a pill. Citrus, for example, contains folic acid, B vitamins and potassium, in addition to vitamin C.

1 No. Surprised? Find out if the frozen yogurt is made of whole or skim milk. Skim milk has a third less calories than whole, but many commercially prepared yogurts are made with sugary flavorings, which can boost the calorie content considerably!

## ANSWERS



# NIFTY NUTRIENTS

## HEAVY FACTS ON FOOD AND FAT

One of the best things about being a teen is that you're going through the greatest growth spurt of your life. You need more calories. Losing weight now will be easier than at any other time in your life!

But to feel your best and look your best with glowing skin and shiny hair you need NIFTY NUTRIENTS! While exercise is important to good health, a balanced diet with Nifty Nutrients is so basic you can't function without it. Food provides energy, regulates body functions and nurtures and repairs body tissues. And whether you exercise a lot or a little, your nutritional needs are basically the same.

## THE "GIMME FIVE" FOOD GROUPS

You can get your supply of Nifty Nutrients from four basic food groups. Indulge MODERATELY in the fifth group, made of fats, sweets and alcohol, only after you meet nutrient needs from the other four.



## VEGETABLES & FRUITS 4 SERVINGS DAILY

These foods are made of complex carbohydrates, the body's main source of energy, and are chock full of vitamins and minerals. Besides being low-fat and cholesterol-free, vegetables and fruits are the most easily digestible source of energy for the active or non-active person. And they're inexpensive!



## BREADS & CEREALS

### 4 SERVINGS DAILY

These foods give you that bounce of energy because they contain easy-to-digest carbohydrates. Whole grains have fiber, which is important for proper digestion. Select only whole-grain or enriched foods from this group.

## MILK & CHEESE

### 4 SERVINGS DAILY

This group is necessary for the development and maintenance of bones and teeth. Low-fat or skim-milk products have basically the same nutrients as whole-milk products, but fewer calories.



## MEAT, POULTRY, FISH & BEANS

### 2 SERVINGS DAILY

This group contributes to growth and muscle development. Protein from meat is the most expensive source of energy, and is harder to digest. Vary your intake of protein: serve beans or peas and a serving of meat or poultry on any given day.



## FATS, SWEETS & ALCOHOL

### EASY DOES IT!

Fats and oils have twice as many calories as proteins, starches and sugars. And the American diet contains too much fat already! Alcohol is high in carbohydrates but has almost no nutrients.



# NIFTY NUTRIENTS

## SCANNING THE SCALE

How do you “weigh in”? Your daily energy needs depend on such factors as your weight, temperature, how physically active you are, and whether you need to maintain, lose or gain weight.

Here's a formula to calculate your calorie needs to maintain a desirable weight:

AGE	CALORIES PER POUND*
11-14	25
15-18	18
*PER POUND OF BODY WEIGHT.	

If you're a 16-year-old girl who weighs 125 lbs., multiply  $125 \times 18$  to obtain 2,250 calories, which is the number of calories you need to eat each day to maintain your weight. To lose a pound a week eat 500 calories less a day, because one pound equals 3,500 calories. In addition to eating less, exercising is an excellent way to burn off calories. Look at the following list to find out which sports burn the most calories. (To maintain your weight you have to eat a little more to fuel some of these sports.)

HIGHER-ENERGY	LOWER-ENERGY
/// Basketball	/// Golf
/// Squash, Racquetball, Handball	/// Waterskiing
/// Soccer	/// Archery
/// Cross-country Skiing	/// Bowling
/// Aerobics	/// Weight Lifting
/// Bicycling — fast-speed	/// Short-distance Swimming
/// Jogging/Running	/// Baseball
/// Ice and Roller Skating	/// Downhill Skiing



## WHEN YOU EXERCISE—SPECIAL CONCERNS

Keep these special pointers in mind when you're climbing mountains, rafting rivers or winning the all-state basketball game!

### HYDRATION

When exercising vigorously you need water to keep your body functioning at its best. With exercise you sweat a lot, which is the body's main means of transporting heat from the body. This water must be replaced.

Dizziness, nausea and fatigue are a few of the symptoms you may have when you're dehydrated. Therefore, drink liquid before, during and after exercise. Orange and grapefruit juices are great for replacing body fluids lost through sweating. Before and during sports, water is a great thirst-quencher and the body absorbs it like a sponge.

### ELECTROLYTE LOSS

Sodium and Potassium

The American diet is high enough in salt to replace the amount of sodium lost in sweat. In extremely hot climates or after vigorous workouts you can correct salt losses by salting food more liberally. Potassium losses can be replaced by eating foods high in the nutrient, such as citrus or bananas.

### PRE-GAME EATING

A pre-event meal should help you be as comfortable as possible, with little interference from digestion. So eat light with foods high in energizing, complex carbohydrates, low in fat and protein. Breads, cereals, pastas, fruit and fruit juices and vegetables and vegetable juices are all excellent choices.

Gas-forming foods—beans, cabbage, onions, cauliflower and turnips—may cause intestinal discomfort. Go easy on indigestible, high-cellulose, high-fiber foods because they increase bulk.

A pre-game meal should be eaten three to four hours in advance; if it's liquid, two hours before.

# NIFTY NUTRIENTS

## FROM THE DUGOUT, QUESTIONS ON NUTRITION

Should I consume honey, candy or sugary drinks for quick energy before a sporting event?

"No. They produce a quick energy boost, followed by energy lag. Having too much of them draws fluid to the G.I. tract, which causes bloating and cramping. It also causes dehydration in other parts of the body. When active you should consume foods or liquids containing no more than 50 grams of sugar in one hour."

Should I drink special beverages for athletes to replace lost fluid and electrolytes?

"No. Exercise aids and drinks often contain too much glucose and electrolytes. They should be diluted. Water during or fruit juices before and after an event are your best bet."

Do I need to eat extra protein to build muscles?

"No. The average American diet contains enough protein to provide the building blocks for muscles. Training is really what you need more of."

If I exercise a lot will my appetite increase?

"If you exercise vigorously you may need extra calories because you spend a great deal of energy. However, it's been shown that moderate, regular exercise may actually reduce hunger and, anyway, does not increase the appetite."

Should an athlete take vitamin and mineral supplements?

"Vitamin and mineral requirements are not increased with exercise. However, teens often do not get enough calcium and iron. You can satisfy this need by eating dairy foods, meats and dark green leafy vegetables."

# EXERCISE

## THE ALL-AROUND HIGH

Exercising makes you feel great and look great! It's a body booster because it gives you a more attractive figure. Plus it strengthens the lungs, heart and other organs; improves blood circulation; increases energy and flexibility; improves sleeping patterns; and helps to manage weight.

Exercise is also a mind booster because it keeps your spirits high, relieving tension and anxiety. As little as 20 minutes of moderate exercise has a tranquilizing effect on the system. Then, too, it builds confidence because it gives you a tremendous sense of satisfaction and accomplishment. You can be proud of yourself!

Tone-up with these popular sports!

## POWERHOUSE SPORTS

### WEIGHTLIFTING

Don't be fooled into thinking that lifting weights builds big, bulging muscles on women! Women secrete much less testosterone, a male hormone, which contributes to large muscles on men.

Weightlifting is an excellent, all-over muscle toner, and builds strength and increases endurance.

#### ESPECIALLY GOOD FOR:

CHEST

ARMS

BUSTLINE

UPPER BACK

SHOULDERS



# EXERCISE

## AEROBICS

Aerobics is a cardiorespiratory fitness program designed to strengthen the heart, lung and circulatory systems. It improves endurance, stamina and balance, and it's great for weight control.

**GOOD FOR:**  
ALL OVER



## RACKET SPORTS

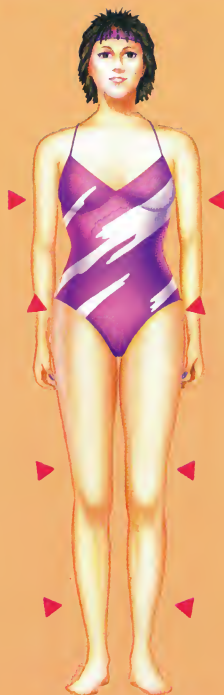
Racquetball, squash, paddleball  
These sports require and improve endurance and agility in changing body positions. Performance also relies on muscular strength and speed. A big advantage of these sports is the social factor — you meet people!

**GOOD FOR:**  
LEGS  
ARMS  
SHOULDERS

## ICE & ROLLER SKATING

Skating is an aerobic exercise that's also recreational. Conditioning for it involves running and stretching exercises—hip or side twists, or touching toes. It's good for burning off calories, and benefits stamina, muscular endurance and your sense of balance.

**GOOD FOR:**  
PELVIS  
ARMS  
LEGS



## GYMNASTICS & DANCE

This country now ranks third in the world in gymnastic competitions. Gymnastics and dance improve your heart and lung capacities, muscular endurance, balance, flexibility and strength. They also help define muscles and the shape of your body.

**GOOD FOR:**  
ALL OVER



# EXERCISE

## EXERCISE CHECKLIST

Before you start an exercise program, keep the following factors in mind.

- 1** Be sure you're in good health—have a thorough physical examination. Take in such factors as high blood pressure, smoking, high cholesterol count, family history of heart disease and obesity.
- 2** Choose activities that are suited to you. Are you a team player, a loner, love to dance? Make sure the sport can be performed year-round or that you have seasonal favorites.
- 3** Select facilities that have the equipment, the showers and the hours most suitable for you.
- 4** Work out at least three times a week, not on consecutive days. With vigorous exercise like weightlifting, muscles need 48 hours to recover from the minor injury they sustain from the workout.
- 5** Warm-up exercises are important before a sport because they gently stretch muscles which is important for avoiding injury due to muscle pulls. The best warm-up for any sport is stretching to increase flexibility. After the workout, have a cool-down period; continue exercising slowly or walk around for at least five minutes to help the blood return to your heart.
- 6** Consider the season and wear clothes accordingly.  
For warm weather, wear a cotton "unitard" to allow skin to breathe, or white, loose-fitting clothing.  
For cold weather, layer garments—sweaters or sweatshirts over leotards; leg warmers and socks over tights to keep muscles warm and flexible. Wear a hat outdoors to prevent body heat from escaping and a ski mask in extremely cold weather to prevent damage to the lungs. Cover hands with gloves to prevent frostbite. After exercising, remove damp clothing, which can cramp and chill muscles.

## SKIN DEEP AND THEN SOME

It's not uncommon to spend a small fortune on beauty aids these days. To cut down costs and maintain your healthy good looks, here are some tips gathered by the beauty experts!

### NOTES ON EXERCISE

Exercising is one of the cheapest ways to get your body in shape. Did you know that it also does wonders for your skin? Vigorous exercise brings more blood to the skin and, along with it, more nutrients and oxygen, as well as a greater release of perspiration. These things are all good for your skin. And, with more exercise and the resulting nutrient flow, the body increases the amount of collagen it makes. The skin becomes thicker and more elastic. In fact, people who exercise regularly have fewer wrinkles!

Just like body exercising, face, neck and head exercises are as important and help to contour and tone facial muscles. Simple facial "sports" to be "practiced" six times a day for six weeks are:

■ "Chin Ups"—Push muscles in your chin upwards as high as possible. Helps improve that "double chin"!

■ "Smiley"—Keeping lips closed, smile slowly and gradually, moving mouth upwards toward temples. Reverse gradually toward "still" position.

■ "The Lion"—Rock head backwards, so that it rests on backbone. Stick out tongue as far as possible, curling it downwards to chest.

■ "Eye Circles"—Slowly shift the gaze of your eyes to the left, above, right and downwards. Look as far in each direction as possible.


■ "Neck Rotations"—Stick chin forward and rotate head to the right, backwards, to the left and forward.

■ "Neck Stretches"—Hold shoulders down and straight. Pull ear as close to the right shoulder as possible and hold. Alternate sides.

# BEAUTY

## NATURAL TOOLS TO KEEP SKIN FRESH AND GLOWING

### ORANGE & GRAPEFRUIT JUICE



For an astringent, place the peels of one orange and grapefruit and two cups of non-carbonated mineral water in a pan. Bring to the boiling point, simmer over low heat for seven minutes. Then strain off the liquid in a bottle; keep refrigerated and use on face twice a day.

For a skin bracer, mix warm water with the juice of half a grapefruit. Wash face, then splash bracer on to tighten pores. Rinse face with warm water.

Dip elbows into two halves of a grapefruit to get rid of redness and to soften rough skin. Afterwards rinse with warm water and pat dry.

To soften dry cuticles and whiten stained nails, mix three cups of warm water and the juice of  $\frac{1}{2}$  grapefruit. Soak hands in mixture for five minutes.

### YOGURT, BUTTERMILK, SOUR CREAM

Gentle cleansers and "calming" aids for skin after deep-cleansing, steaming.

### OATMEAL, YELLOW CORN MEAL

"Gritty" deep-cleaning agents.



## APPLE CIDER & VINEGAR

After masks or in final rinsing of face, helps restore acidity to skin.



## PEANUT AND BABY OILS; COLD-PRESSED OLIVE, AVOCADO AND SUNFLOWER OILS

■ Help smooth dry skin; act as gentle, moisturizing cleansers.



## HONEY

A natural moisturizer, known as humectant; helps prevent growth of bacteria because of its potassium content; has soothing effect on delicate skin tissues.





# BEAUTY

## THE "TLC" OF SKIN CARE

The less you do to healthy, normal skin the better. Here are some general guidelines.

### BEAT THE HEAT SKIN CARE GUIDE

- Use an astringent after cleansing.
- Always use a sunscreen. Many lotions are now numbered from 2 to 15 in suncreening effectiveness; read labels to find out which number applies to the face and body part. Look for PABA (paramino benzoic acid), and effective suncreening agents, on label.
- Make sure that lip balms also have a sunscreen.
- Limit sun exposure to no more than 30 minutes each day.
- A thorough cleaning is probably the most important routine for beauty care.
- If you have oily skin, use water-based cosmetics. Dry skin needs a moisturizer.
- Avoid perfumed cosmetics or a harsh ingredient like alcohol. Read the ingredients on labels to protect your skin!

### COLD-SHOULDER THE COLD SKIN CARE GUIDE

- Try to exercise indoors, not exposing skin to extremes.
- Use a gentle cleanser or less soap.
- Use a rich moisturizing cream on face, at least twice a day.
- A light makeup or lotion with sunscreen agent is good protection for outdoor winter sports.
- Use a water-in-oil lip ointment daily or as needed.
- To humidify dry indoor air, fill a flat pan with water, and place on radiator or near the heat source.
- Add bath oil to tub for neck to feet moisturizing.



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